



Sober Plan - First Christmas

How can you minimise overwhelm?:

1.

2.

3.

4.

5.

6.

Self-care support (e.g. quit lit, access to your sober support network, meditation, exercise, alone time, treats):

1.

2.

3.

4.

5.



What will you drink when others are having special drinks?:

1.

2.

3.

How will you indulge yourself?:

1.

2.

3.

How will you add sparkle to your festive season?

1.

2.

3.

What will you say if people ask you why you're not drinking at the Christmas do?

1.

2.

3.



What could you do to make your friends, neighbours or family feel good?:

1.

2.

3.

What could you do for your local community?:

1.

2.

3.

How will you get outdoors and exercise?

1.

2.

3.

How will you soothe yourself in times of stress?

1.

2.

3.



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Reflections

What was easier than you expected?

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What was harder than you expected?

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What was the best bit?

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What have you learned for next time?

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